Abstrakt:

Title:

Assess the degree of valgus and varus knee joint in the second stage students in primary school in the Karlovarský region.

Objective:

The aim of this study was to explore and assess the degree of weakening of the lower limbs in the knee joint area in children of second stage of primary school in Karlovarský region. The effort was get as much information from the test subjects to understand and determining problems in the lower limbs. It measured two types of impairment, valgus and varus knee. Part of this study was to find what sports activities affect the creation or increase of individual weakness in the recreational and competitive level.

Methods:

The thesis is conducted as an empirical quantitative research, which focuses on finding descriptive and associative relationships between variables. From a methodological point of view this is a type of observation. To determine the necessary data was used planimetric method: trigonometric measurement. Measurements were attended by 531 children, including 243 boys and 288 girls aged from 11 to 16. This has involved completing a questionnaire form with basic somatic details and types of sporting activities.

Results:

The results show significant differences between girls and boys with genu valgum and genu varum. Girls also reached higher values for one-sided weakness dominated by the sum of the left leg over the right. Although boys were overall less measurement results showed that overweight and obesity are greater than girls. This factor is changed when compared to overweight and obesity with valgus and varus knee. Another variable was measured distribution of individuals in the sporting group nad no sport. A quarter of children with sport does not pay at all. In sports become more involved girls than boys at both recreational and competitive levels. In this thesis are addressed in selected sports activities and their impact on valgus and varus position of the knee joints.

Key words:
Health physical education, therapeutic physical education, knee joint, genu valgum, genu varum, weakening lower limbs